

HEALTH AWARENESS PROGRAMME

Health Awareness programme was organised at Army Public School Jammu Cantt on 2 November 2022. The resource person Col N Banerjee OC 36 SHO, in his address to the students emphasized the necessity for personal health and hygiene. He advised the students to eat healthy balanced food and to keep themselves and the environment clean. The children were sensitized about the importance of washing their hands before and after eating and exercising daily and the importance of playing sports and inculcating other healthy habits to avoid falling sick. Regular physical exercise makes one's body healthy and stout. The children were asked to share their daily routines and the steps they took every day to maintain hygiene. The children learnt a lot from the session and promised to follow all the good habits. The Vice Principal, Ms Manmeet Kaur thanked the resource person for sparing his valuable time to share the importance of investing in health.



